

## **Recommended Items to Bring on a Field Deployment**

### **Tips**

1. Put anything that can leak in a ziplock bag
2. If you're attached to a unit that may deploy to the field, put these items together long before you're put on alert; keep them in a plastic storage box with a list of what's in there. Once you're put on alert, you'll be able to spend your rare free time taking care of last minute items and enjoying some time with friends/family
3. Do not pack things into a seabag until you're absolutely certain there's nothing left to pack.
4. Leave your family with something special—individual letters, a homemade “book” of magazine clippings on colored paper to explain where you're going and why, a nightshirt you've worn, a make-ahead taping of earlier good times that include you doing things with your family
5. Clean out your wallet, but along with your ID card and driver's license, ensure you have extra blank checks, a small amount of extra cash, government and personal credit card, and long distance phone card.
6. If traveling by government conveyance, mark your bags inside and out with your name, rank, unit, and final destination. If traveling commercially, use caution in use of identifying information on the outside of your bag.
7. Label your everything in your seabag with indelible ink.
8. If it seems you won't be able to fit everything into your seabag, try again. Roll things tighter, organize better, ask an FMF old timer for advice.

### **Personal Hygiene Items**

Bucket for washing clothes  
Clothes line  
Clothes pins  
Wet Wipes  
Unscented anti-perspirant  
Unscented soap  
Shampoo, plus extra for washing clothes  
Foot powder (cornstarch or antifungal)  
Shower shoes  
Sun shower  
Brush/comb  
Shaving kit  
Toothbrush in travel case  
Toothpaste

### **Food**

Multi-vitamins  
Calcium supplements  
Spices  
Flavored drink mix (sugarless type takes up less space and won't attract ants)

### **Keeping in Touch**

Address book/sheet (leave a duplicate at home)

Picture of family

Long distance phone card

Paper and envelopes

Extra pens

Stamps (self-adhesive or pre-stamped)

Something special from your kids

Tape player/recorder and extra batteries

Blank tapes for recording messages

Journal

Camera and film

### **Personal Protection**

Sunscreen (level 15)

Insect repellent (military type stays on longer than commercial types)

Permethrin-sprayed uniforms (do this ahead of time)

Hand sanitizing gel

### **Uniforms/Uniform Upkeep**

Boot polish kit

Materials to clean your weapon (rags, cotton tipped applicators)

3 sets of cammies

Extra cammie cover

782 gear (issued by your unit)

Dog tags (2)

Extra small and large rank devices

Cammie t-shirts, rolled up with socks and underwear – 7 sets

Gas mask insert, if needed

M-Nu device darkener, if needed

Extra boot bands

Extra boot laces

Cammie sweater

### **Personal Comfort**

Empty pillow case to stuff with extra clothes, or travel pillow

Sweats or PT gear to sleep in

Extra poncho liner type blanket

Playing card

Long underwear (most places get cold at night at least a few months of the year)

Tapes for listening

Something to read

PT clothes (2 sets minimum)

Civilian clothes (1 set minimum—closed toed shoes, belt, collard shirt; depending on the geographical area, you may be limited to long-sleeved shirts and long pants)

Soft toilet paper

Mini-mag Flashlight and extra batteries  
Candle and lighter (especially in cold weather)

### **Tools**

Leatherman tool kit  
Pocket knife and sharpening stone

### **Other**

Extra tote type bags, such as helmet bags  
Military passport  
Civilian passport  
6 months of special medication for chronic or recurring conditions  
3 months of over-the-counter medication for recurring conditions (fungal infections, headaches)  
Medication issued by your unit for the deployment (malaria chemoprophylaxis)  
Up to date yellow shot card  
Sunglasses  
2 pair of glasses, if worn  
Leather gloves  
Lock and key  
Special reference materials that you couldn't do without  
Water-resistant watch  
Travel alarm clock (w/extra battery if battery operated)  
Extra pens and paper pads  
Small logbook or planner

### **Male/Female Special Items**

Hair cutting tools  
6 months of feminine hygiene products (unscented)  
Urine director (available at wilderness/camping stores)

### **Unit Level Extras (depends on space availability and type of deployment)**

Glove and ball for catch  
Deflated volleyball, football and hand pump  
Portable microwave  
Portable TV/VCR and videos  
Electronic communication devices (satellite telephone)  
Rice cooker and rice  
Coffee maker and coffee  
Hot water maker  
Simple holiday decorations for upcoming holidays